

**Food ID:** D007**Food name and Description:** Bago lvs, boiled**Scientific name:** *Gnetum gnemon***Alternate/Common name(s):** Spanish joint-fir lvs, boiled**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	89.3
Energy, calculated (kcal)	42
Protein (g)	3
Total Fat (g)	0.4
Carbohydrate, total (g)	6.5
Ash, total (g)	0.8

**Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.8
Sugars, total (g)	0.7

**Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	91
Phosphorus, P (mg)	40
Iron, Fe (mg)	0.6
Sodium, Na (mg)	1

**Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	710
Retinol Activity Equivalent, RAE (µg)	59
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.14
Niacin (mg)	0.5
Ascorbic Acid, Vitamin C (mg)	43

**Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	0